

Romaine Lettuce



Not all lettuce is created equal, but if you start your meal with a salad made of romaine lettuce you will be sure to add not only a variety of textures and flavors to your meal but an enormous amount of nutritional value. Romaine lettuce is an excellent source of vitamin A, K, and folate, and more vitamin C than an orange by weight!

“Romaine” is the American term for this long-leafed lettuce, also called “cos” lettuce because it is said to have originated on the Greek island of Cos (Kos) off the coast of Turkey in the Aegean Sea. This area is also the birthplace of the original physician Hippocrates.

Romaine’s original home is western Europe and the eastern Mediterranean area. Romaine has been cultivated and eaten cooked or raw for almost 5000 years and may very well be the oldest form of cultivated lettuce. Egyptian tombs reveal paintings of lettuce with long, pointed leaves resembling romaine. It was known to the Romans who usually ate the lettuce cooked, as Cappadocian lettuce, and was called Roman lettuce due to the Romans’ belief in its healthful and healing properties.

The long, strong ribs and spoon-shaped leaves of the romaine lettuce have long been used as an edible scoop or spoon to eat with!

